

Basic Braised Celery

Makes: 6 Servings

This celery recipe can be served as a side dish or an appetizer.

Ingredients

6 cups celery (cut into pieces about 1 to 2 inches long and wide)

2 tablespoons margarine

1/2 cup low-sodium chicken broth

1/4 teaspoon black pepper

Directions

1. Place celery, margarine, chicken broth, and pepper in a saucepan.
2. Cover and cook over low heat for 20 to 25 minutes, just until celery is crisp but tender. Serve right away.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	50	
Total Fat	4 g	
Protein	1 g	
Carbohydrates	3 g	
Dietary Fiber	1 g	
Saturated Fat	0.5 g	
Sodium	105 mg	